

Starting Again...

Posted by Lou - 21 Dec 2020 22:15

Hi, I have posted in other threads but just wanted to start this new one to get this of my chest. I guess i am venting more than anything else. To make a long story short, I have been a struggler for years with these issues. This includes watching and also chatting with online relationships etc. BH over the past few years due a variety of reasons things have ~~greatly~~ improved in this area. Don't get me wrong. It wasn't fixed but the issues were less serious (trying to avoid triggering {embarrassing} details. As it still was certainly an issue eventually I recently joined GYE and working on the 90 days etc. I have started and failed more than once but I understand that is part of the process. What is really getting to me and is actually confusing to me is that my most recent fall was to a level worse than I have had in a few years! In other words, when I was working on the issues less officially i was staying away from that level. Now that I am working on really cleaning up my act I have stooped back to my really low levels Why?? It definitely was some Hashgacha Pratis in this as I was faced with a nisayon I have avoided in the past. Is Hashem telling me that now that I am stronger I should be able to deal with nisayon?? Well, I didn't...

Any feedback is welcome!

=====

Re: Starting Again...

Posted by Sapy - 30 Aug 2021 22:30

Welcome back Lou! (I hope I never hurt you in any way, if I did please forgive me, It wasnt ch"v intended)

To your question, Hashem never ever stops loving us, and wanting to bring us back, hes our father weather we feel it or not, when he sees us in the mud, he wants to wash us and take us back. We will say in a few days, ??? ??? ????? ??, ?? ????? ??? ????? hashem is 'waiting' for us, he is ?????! And that is even for a baal aveira, and forsure people like us who really wanna be good, and are working hard, and broken by our falls.

Lou, the Yetzer Horeh, sees your taking steps to get better, and hes trying to break you so that you shouldn't succeed, let's not be fooled, and lets not be broken, if we will be busy with charata etc, we wont be able to do azivas hachaat. It's our job to believe in ourselves and keep our spirit high, because we all know that depression and sadness, and feeling bad with ourselves, leads us to just act out again...

I honestly wrote this for myself too, as I fell last night and today, and really felt bad....

Hope your here to stay now, we missed you!

=====

=====

Re: Starting Again...

Posted by OivedElokim - 30 Aug 2021 22:34

I don't know if you want me throwing quotes from Tanya at you, but I think this quote speaks directly to your quandary:

??? ??????? ??????? ?? ?': "???? ?????? ??????", "?????" ?????, ????? ?????? ?????: "??? ??????",
?????? ??????? ??? ???, ?? ????? ??? ????? ?????? ?????? ?????? ?? ????? ?? ??? ?????, ??? ???
?????? ?? ?????, ????? ??? ??????? ????????. ??? ?????? ???" ? ?????? ??? ??? ??? ?????? ??????,
?? ??????? ??? ?????? ???????, ?????????? ?????????? ?????? ??????? ??? ??????? ??? ???,
??? ??????: "?? ?? ??? ??????", ?????? ?????? ??? ??? ??? ?????? ??? ??? ?????? ??? ?????, ?????? ?????
??? ??? ?????, ??????? ??? ?????? ???'. ?????? ?????? ?????????? ??? ??? ?????, ??? ?????? ??????????
?"?? ???" ?????? ???, ?? ?????? ?????? ?????? – ?????? ?????????? ?????? ?????? ?????????? ?????? ???,
?????. ?????? ??? ?????? ??? ??????, ??? ??? ?? ??? ??? ?????? ?????? ??????: "????? ??? ?' ?????
????? ??????", ??????? ??": ?????? ?????? ??????? ??????, ?????? ?? ??? ??? ?????? ?? ?????? ??????,
????? ?? ??? ?????????? ?? ?? ???, ??? ?????? ??? ?????? ??????.

(???? ??? ?? ??? ???)

=====

=====

Re: Starting Again...

Posted by mggsbms - 30 Aug 2021 22:39

Wow a fascinating Tanye. I just heard from a world famous baal tshuva that this piece of Tanye set him on the path to Teshuva.

=====

Re: Starting Again...

Posted by Hashem Help Me - 30 Aug 2021 22:58

Look at it as an illness, not as evil. You are a good man Lou. If not, you wouldn't be posting here.

When we get caught up in desperate searching, we are toasted - it's almost impossible to stop. The kuntz is to stop **before** that point. Next time you feel it creeping up on you, call a chaver....

=====

Re: Starting Again...

Posted by YeshivaGuy - 31 Aug 2021 19:05

[Lou wrote on 30 Aug 2021 22:07:](#)

Now, I know Hashem is an all merciful father that loves us more than we can comprehend, but still in rational thinking is there any hope for me?? If I beg Hashem to help and He does and then I completely ignore Him, why should He help me again?? And if He doesn't help me there truly is no hope.

A very dejected Lou

Dearest friend,

It was one Taanis Esther that I had been doing very shver and had such thoughts and emotions.

And then the haftora by mincha was read and I got my answer.

I hope it can be of some chizzuk to you:

????? ??? ????? ????? ??? ?????????

???? ?? ?? ????????? ??? ??????? ?? ????? ?????- When one returns to HaShem and calls out to Him, even the name of Din becomes rachamim.

And then: HaShem addresses our question:

??? ?? ????????? ??????????? ??? ??????? ?????- This is the answer. The concept of Teshuva, of Hashems Rachamim defies logic. There is no “rational” understanding to it.

It is a chidush and the greatest gift given to Man.

And continue looking at the subsequent pesukim there as HaShem explains further, in detail.

Note: I think upon telling this pshat to someone, I was told it was said by the last Lubavitcher Rebbe. Baruch Shekivanti.

Hatzlocha buddy, and stay in touch.

YeshivaGuy

=====

====

Re: Starting Again...

Posted by Lou - 02 Sep 2021 07:04

Thank you very much for the beautiful responses. It means alot to me. BH in a much better place now. Been busy and haven't had a chance to post or respond to private messages much.

Hatzlocha to all

=====

====

Re: Starting Again...

Posted by Taharat Yisrael - 02 Sep 2021 07:49

I disagree. I don't think one can make the ??????? your making. Without any filters or gedarim nearly any healthy man would watch porn. It wouldn't be sick. We're hardwired to seek sexual pleasure. We were built to react to stimuli in that manner. We just have to realize this and take steps in the positive direction.

=====
=====

Re: Starting Again...

Posted by ihadstringsbutnowimfree - 03 Sep 2021 13:08

.

=====
=====

Re: Starting Again...

Posted by Lou - 09 Sep 2021 07:02

A gut yahr to all!

I must say that so many times I have ideas,questions,happenings etc that come up throughout the day that I tell myself I will post about. However,it doesn't usually happen due to time constraints BH.

I have one question for the oilam that is time based so I had to find the time post it now. This could really be applicable in many areas,not just GYE related but in our case this is where it comes up.I find (maybe some others feel this way too?) that the days of selichos,aseres yemei teshuva etc are by far the easiest times to keep clean. Yes,there are slips here and there but mostly good times. However,I feel like now is the time is the time to prepare for the day after YK. Now in a moment of clarity,I want to make a system that would work. Any and all ideas are welcome!

=====
=====

Re: Starting Again...

Posted by Markz - 09 Sep 2021 11:19

Hi Lou,

[Markz wrote:](#)

Where's the hundreds of new members??

Perhaps this can help

MOAYT

"Missed Opportunity Aseres Yemei Teshuva"

I'm sharing this thought because I see others are having the same thing, what I went thru too for many many many years

As yechidah wrote yesterday, Rosh Hashana is a time of awesome light in the darkness. It uplifts us.

The problem however is that we put limitations into the measure of light we will allow in

Or from a different angle: Rock bottom is the point of return where guys will take the brave step and do whatever it takes to get real sober, whether with Taphsic that honestly works for them (some try 100 different versions of Taphsic. Brother either it works for you or it doesn't), or opening up with Dov or Cordnoy, or meetings etc...

Many of us with the inspiration of these awesome days say to ourselves on AYT "Ok I'm at rock bottom. My life as a Jew sucks. I'm willing to do whatever it takes". But... It's a catch 22. The inspiration and dread alone which brings the feeling of rockbottom, that itself was sufficient to enable me to stay clean, although a form of white knuckling. Which locked me in a mindset of "why do I need to do anything else for my recovery"

So, many take it halfway. We take the boost Gd gives us to go to full recovery mode which for many means realizing we can't do it on our own, and get out of anonymity - (read the first "dov quote").

Instead of that we resort to "white knuckling" which during Elul and AYT is smooth sailing for many. But then the light dims after YK, cause Gd says "I gave you the boost, Now you're on your own", and that is when we are dismayed to learn that we missed a golden opportunity, and it's more difficult to get the push then to get on the road to real recovery, or to realize rock bottom'ing

I was sure that Elul and the AYT is a time of high GYE membership, but it didn't happen, why? I think the answer is as I mentioned, that it's simply easier to white knuckle these days, so "although I was more inspired to get clean these days, I didn't feel the urgency to join GYE"

Current members of GYE can also have similar feelings "I'm sufficiently inspired to be clean at least until YK, who knows what will be after...". And they don't join the real GYE recovery train

Until a short while after YK - days or hours, we realize sadly that we missed the awesome opportunity

G'mar Chasima guys, I hope you feel the light and allow it to shine through the whole year, and share some with us please :-)

=====

Re: Starting Again...

Posted by Lou - 10 Sep 2021 05:52

[Markz wrote on 09 Sep 2021 11:19:](#)

Hi Lou,

[Markz wrote:](#)

Where's the hundreds of new members??

MOAYT

"Missed Opportunity Aseres Yemei Teshuva"

I'm sharing this thought because I see others are having the same thing, what I went thru too for many many many years

As yechidah wrote yesterday, Rosh Hashana is a time of awesome light in the darkness. It uplifts us.

The problem however is that we put limitations into the measure of light we will allow in

Or from a different angle: Rock bottom is the point of return where guys will take the brave step and do whatever it takes to get real sober, whether with Taphsic that honestly works for them (some try 100 different versions of Taphsic. Brother either it works for you or it doesn't), or opening up with Dov or Cordnoy, or meetings etc...

Many of us with the inspiration of these awesome days say to ourselves on AYT "Ok I'm at rock bottom. My life as a Jew sucks. I'm willing to do whatever it takes". But... It's a catch 22. The inspiration and dread alone which brings the feeling of rockbottom, that itself was sufficient to enable me to stay clean, although a form of white knuckling. Which locked me in a mindset of "why do I need to do anything else for my recovery"

So, many take it halfway. We take the boost Gd gives us to go to full recovery mode which for many means realizing we can't do it on our own, and get out of anonymity - (read the first "dov quote").

Instead of that we resort to "white knuckling" which during Elul and AYT is smooth sailing for many. But then the light dims after YK, cause Gd says "I gave you the boost, Now you're on your own", and that is when we are dismayed to learn that we missed a golden opportunity, and

it's more difficult to get the push then to get on the road to real recovery, or to realize rock bottom'ing

I was sure that Elul and the AYT is a time of high GYE membership, but it didn't happen, why? I think the answer is as I mentioned, that it's simply easier to white knuckle these days, so "although I was more inspired to get clean these days, I didn't feel the urgency to join GYE"

Current members of GYE can also have similar feelings "I'm sufficiently inspired to be clean at least until YK, who knows what will be after...". And they don't join the real GYE recovery train

Until a short while after YK - days or hours, we realize sadly that we missed the awesome opportunity

G'mar Chasima guys, I hope you feel the light and allow it to shine through the whole year, and share some with us please :-)

Thank you for sharing... I am just trying to figure out, was there an eitza in there or just bemoaning the fact that people aren't looking for long term improvement? I can sometimes miss things stated in a post so I wanted to double check.

Thanks

=====

Re: Starting Again...

Posted by wilnevergiveup - 10 Sep 2021 08:20

[Lou wrote on 10 Sep 2021 05:52:](#)

[Markz wrote on 09 Sep 2021 11:19:](#)

Hi Lou,

[Markz wrote:](#)

Where's the hundreds of new members??

MOAYT

Perhaps this can help
"Missed Opportunity Aseres Yemei Teshuva"

I'm sharing this thought because I see others are having the same thing, what I went thru too for many many many years

As yechidah wrote yesterday, Rosh Hashana is a time of awesome light in the darkness. It uplifts us.

The problem however is that we put limitations into the measure of light we will allow in

Or from a different angle: Rock bottom is the point of return where guys will take the brave step and do whatever it takes to get real sober, whether with Taphsic that honestly works for them (some try 100 different versions of Taphsic. Brother either it works for you or it doesn't), or opening up with Dov or Cordnoy, or meetings etc...

Many of us with the inspiration of these awesome days say to ourselves on AYT "Ok I'm at rock bottom. My life as a Jew sucks. I'm willing to do whatever it takes". But... It's a catch 22. The inspiration and dread alone which brings the feeling of rockbottom, that itself was sufficient to enable me to stay clean, although a form of white knuckling. Which locked me in a mindset of "why do I need to do anything else for my recovery"

So, many take it halfway. We take the boost Gd gives us to go to full recovery mode which for many means realizing we can't do it on our own, and get out of anonymity - (read the first "dov quote").

Instead of that we resort to "white knuckling" which during Elul and AYT is smooth sailing for many. But then the light dims after YK, cause Gd says "I gave you the boost, Now you're on your own", and that is when we are dismayed to learn that we missed a golden opportunity, and it's more difficult to get the push then to get on the road to real recovery, or to realize rock bottom'ing

I was sure that Elul and the AYT is a time of high GYE membership, but it didn't happen, why? I think the answer is as I mentioned, that it's simply easier to white knuckle these days, so "although I was more inspired to get clean these days, I didn't feel the urgency to join GYE"

Current members of GYE can also have similar feelings "I'm sufficiently inspired to be clean at least until YK, who knows what will be after...". And they don't join the real GYE recovery train

Until a short while after YK - days or hours, we realize sadly that we missed the awesome opportunity

G'mar Chasima guys, I hope you feel the light and allow it to shine through the whole year, and share some with us please :-)

Thank you for sharing... I am just trying to figure out, was there an eitzah in there or just bemoaning the fact that people aren't looking for long term improvement? I can sometimes miss things stated in a post so I wanted to double check.

Thanks

I think the hidden *eitzah* is in the following quotes:

Or from a different angle: Rock bottom is the point of return where guys will take the brave step and do whatever it takes to get real sober, whether with Taphsic that honestly works for them (some try 100 different versions of Taphsic. Brother either it works for you or it doesn't), or opening up with Dov or Cordnoy, or meetings etc..

We take the boost Gd gives us to go to full recovery mode which for many means realizing we can't do it on our own, and get out of anonymity - (read the first "dov quote").

=====

=====

Re: Starting Again...

Posted by Lou - 14 Sep 2021 03:40

BH,been extremely busy now. I am actually frustrated as I wish I had more time to focus on these holy days and doing a more real teshuva. However,possibly the busyness is a blessing as well as although I would like to think I would be spending more time on Teshuva,experience has shown that is not always the case. Fee time doesn't lead to good places usually.

The real truth is that when I am looking to fall I seem to somehow always make time for it even when extremely busy...so I should do the same now for Teshuva.

Gmar Chasima Tova to all!

=====

=====

Re: Starting Again...

Posted by Lou - 17 Sep 2021 07:41

Just had a slip!

Not gonna call it a fall,because i don't think it was,and I think would just lose all of my momentum if i do. but this was disappointing!

=====

====

Re: Starting Again...

Posted by DavidT - 17 Sep 2021 14:50

[Lou wrote on 17 Sep 2021 07:41:](#)

Just had a slip!

Not gonna call it a fall,because i don't think it was,and I think would just lose all of my momentum if i do. but this was disappointing!

When you have a slip and you keep strong so that it does not turn into a fall, then not only is it not a negative thing, it's actually a major part of recovery and growing. Try to celebrate it and turn it into an excitement instead of a disappointment. We will always have nisyonos and situations which we would call slips, so let's try to turn them around with the help of Hashem.

Keep Strong!!!

=====
=====